



"WE'LL RIPPLE YOUR BODY WITH MUSCLES and LOAD T.N.T IN YOUR FISTS"

HIGH SCHOOL STAR—Maurice Nackley of Miami Beach shows Dad powerful muscles developed by the Champions.

> You can Broaden your Shoulders and Add Solid New Muscles... AS WE DID:



STATE TROOPER — George Sheridan of Springfield learned Self Defense from the Champs when 16 years old.

POPULAR LEADER—Robert Colville of Jersey City credits the Champions with his new popularity. "Yes... we Champions can build you a new, power-packed rippling-muscled body. Our training secrets have worked wonders for thousands of other fellows... and we can do the same for you.

Says JOE LOUIS, Great

If you're weak or skinny, Mickey Mantle will build your bodyturn flabby muscles into steel . . . FAST. If you want speed and stamina, Bob Cousy can make you fast . . . LOTS OF FUN.

No matter what your size, shape or condition, we have proved we can help you. It's simple. It's easy Find out how NSC's Stars make you a real man in just 15 minutes of fun a day . . . at home!

Extra! I'll send you my "Fight Secrets" for only 10c—if you'll write today. So . . . send me the coupon below right away!"

Sincerely, Joe Louis



World Champion

Are You... Skinny... Tired Weak.. Nervous Fat and Flabby Always Being Picked On?

Then do as Joe and his Staff tell you . . . send coupon below.

LET 20 GREAT STARS GIVE YOU POWER...SKILL...CONFIDENCE

Pamous Sport Stars are waiting to train you in 15 exciting minutes a day. Ted Kluszewski explains his Conditioning secrets . . . Yogi Berra builds up your confidence . . . Kid Gavilan teaches you self-defense. You'll be the envy of your friends when you are "in the know" on the Champions' training routines for Baseball . . . Football . . . Boxing . . . Basketball . . . and other Sports.





THIS ADVERTISEMENT IS SPONSORED BY

THE NATIONAL SPORTS COUNCIL
33 West 46th Street, New York 36, New York Dept. AL-47

	MA	Ш		50	UP	ON	Ш	שפ	AT	
JOE	LOUIS,	c/0	NATI	ONAL	SPORTS	COUNCI	L, DE	PT.AL	-47	

JOE LOUIS, c/o NATIONAL SPORTS COUNCIL, DEPT.AL-4' 33 West 46th Street, New York 36, N. Y.

Dear Joe:

☐ Please send me absolutely FREE a full and complete explanation of how The National Sports Council can build me the right kind of body

☐ Enclosed is 10c. Include your famous Fight Secrets

NAME.____AGE___

Check here for special booklet if under 15.

BRIDES IN LOVE

Volume 1, Number 5

Published bilmonthly by Charlton Comics Group. Executive offices and office of publication, Charlton Building, Derby, Conn. Second Class Mailing privileges authorized at the Post Office at Derby, Conn. Price per copy 10c. Subscription 12 issues 31.20. Copyright 1957 by Charlton Comics Group. Pat Masulli, Executive Editor. (Printed in U.S.A.)

ADDRESS

APPROVED
BY THE
COMICS
CODE

THIS SEAL OF APPROVAL APPEARS ONLY ON COMIC MAGAZINES WHICH HAVE BEEN CABEFULLY REVIEWED, PRIOR TO URBLICATION, BY THE COMICS CODE AUTHORITY, AND FOUND TO HAVE MET THE HIGH STANDARDS OF MORALITY AND GOOD TASTE REQUIRED BY THE CODE. THE CODE AUTHORITY OPERATES APART FROM ANY INDIVIDUAL PUBLISHER AND EXERCISES INDEPENDENT JUDGMENT WITH RESPECT TO CODE-COMPLIANCE. A COMIC MAGAZINE BEARING, ITS SEAL IS YOUR ASSURANCE OF GOOD REGINES AND FACTORIAL MATERIAL PUBLISHER.











HAL WAS LATE THAT SAME NIGHT. I'D BEEN WORRIED SO I NAGGED A LITTLE ...









E KNEW BETTER THAN TO GO ON! SETUNIED ON STUDING TREATED AS HALL WITH COOL POLITE - LATER, AFTER BETTER, AFTER BED, THE HEART SO BED, THE HEART SO CAME: ...











HAL CAME HOME THAT NIGHT... AND MANY OTHERS WHEN HE WANTED TO STAY OUT! I WAS HAVING MY WAY ALL RIGHT...

HELLO, HELEN! WHO'S MORE IMPORTANT, DIDN'T HAL TELL YOU ABOUT THE POKER GAME ON HAL!



AMAZING PRECISION MINIATURE SECRET CAMERA



girl friend and other bath enuties will all relax i matural pose and make pin-up collection. Through or is just one of the man to go about it

LOOK! FREE! Order right away and receive FREE one roll of fresh film enough for 10 pictures. Addi-tional film available at only 125¢ per roll of 10 exposures.

Takes secret pictures! Easily carried in the palm of your hand only 2 ONLY



A precision built camera that is so amazingly small it is less than 1/2 the size of a regular pack of cigarettes and can be taken everywhere you go. It weighs only 21/2 ounces and is solid all metal construction with chrome trim. It's got a professional eye level view finder and a single action 1/25th second and time exposure shutter with a precision ground lens that assures you a clear, sharp instantaneous picture. It takes ten pictures per roll on low cost film (standard 16 MM). Makes for beautiful enlargements. So compact and precision made, it can be hidden anywhere and takes true-to-life "spy" pictures that should really provide you with loads of fun and interest, Only \$1.98 complete with a free roll of film, Don't delay! Order now.

We know you'll have so much fun your Secret and excitement with 10 Days Free Trial. Use it and if you're not 100% delighted with its performance, return to us and your money will be refunded in full.

HONOR HOUSE PRODUCTS CORP. Dept. C.

Dept. CA-II HONOR HOUSE PRODUCTS CONT.

35 Wilbur St.

Rush my Secret Camero and free roll of film for \$1,98

at once. If I am not 100% delighted I may return it
after 10 Days Free Trial for prompt refund of the full

purchase price. I enclose payment. Same Money Back Guarantee Send C.O.D I will pay postman on delivery plus a cents postage.

FREE ELIZABETH II COLONIES **STAMPS** and other big offers!



RUSH COUPON AT ONCE! Here's one of the most exciting offers ever made to stamp collectors. Get this big generous collection FREE — scarce, beautiful stamps from many of the most interesting, far-flung British Colonies all over the world. Aden, Fiji

Islands, North Borneo, Cyprus, Singapore, Bermuda, many more. All different, all genuine. PLUS — FREE copy of helpful "Stamp Collector's Guide". That's not all! Also FREE, color reproduction and fascinating story of a le stamp worth \$50,000. Other valuable offers included for your free inspection. Offer may be withdrawn soon so rush coupon today. If coupon is clipped, send 10¢ for postage and handling to GARCELON STAMP CO., Dept. CC4K, Calais, Maine.

GARCELON STAMP CO., Dept. CC4K Calais, Maine Rush FREE Colonies Stamps, \$50,000 Stamp Souvenir, Collector's Guide other offers. Enclosed 10¢ for postage, handling. (PLEASE PRINT)

NAME			
ADDRESS		Style Co.	There is a second

ROSH TODAY! LIMITED OFFER!









I KHOW

AND REMEMBER,

BE NICE TO







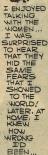






SO HAVE I -- BUT I TRY NOT











I DROVE LIKE A MAD WOMAN TO THE BUILDING SITE! I'D BEEN RIGHT! HAL WAS ONE OF THE TWO TRAPPED MEN ...

THERE THEY ARE, MRS. WALLS! YOUR MAN IS UP THERE WITH MINE! I CAN'T STAND IT! MY







OUR KISS THEN WAS BEEN BE-FORE! ALL THE MONTHS OF MY BITTER NAGGING WERE FOR-GOTTEN! I HAD A SE-COND CHANCE, AND I KHEW I'D BE A GOOD WIFE -- NOW THAT I'D LEARNED HOW ...





THE WHOLE THING HAD BEEN CRAZY ... YET, THERE I WAS MARRIED TO A MAN I'D ONLY MET A MONTH BEFORE! HE WAS EXACTLY WHAT I HAD IN MIND WHEN I THOUGHT ABOUT MY FUTURE --- SINGLE, HANDSOME, YOUNG

Suitable for Marriage



I'D BEEN ENGAGED TO BRAD KAUFMANN UP TILL THE BEGIN-NING OF THE SAME MONTH! BRAD HAD LOOKS, MONEY!

GOOD-BYE BRAD! CANCEL YOUR PLANS FOR A WEDDING! I'D RATHER MARRY AN ORANGUTAN!

YOU'LL CHANGE YOUR MIND : RICH HUSBANDS DON'T GROW ON BUSHES THESE DAYS :



I MET FRIENDS AT THE CLUB --THEY ALL ASKED FOR BRAD ... MY BROTHER FLINT, LOOKED FOR HIM TOO ...

WHERE'S THE OVER-STUFFED MONEY-BAG? BREAK A LEG OR SOMETHING NICE LIKE THAT?

NO , BUT IT'S AL-MOST AS GOOD ! THE WEDDING'S OFF , FLINT !







THEY ALL THOUGHT I WAS A FOOL ... SO I ACTED LIKE ONE ! I ACCEPTED ALL BLIND DATES THAT CAME MY WAY:

I SEE WHAT YOU MEAN CHUM ! I'LL GWE THE LADY A RING ! I'M WHAT SHE SAYS SHE WANTS ... YOUNG, HAND-SOME, ELIGIBLE ! WISH ME LUCK!



I WAS BEGINNING TO WONDER IF I WAS DOING THE RIGHT THING! BUT WHEN A NICE MALE VOICE IN-QUIRED FOR ME, I MADE AN APPOINTMENT...IN A RESTAURANT







INTENDED
TO TAKE
FULL
CHARGE
OF THE
SITUATION...
EXPLAIN IT
HAD BEEN
A CRAZY
IMPULSE
AND...BUT
CON TOOK
THE
INITIATIVE :







I WAS ABOUT TO REFUSE.. WHEN I SPOTTED AN EX-SCHOOL CHUMC

EX-SCHOOL CHUM GIVING ME AN ICY STARE AT A TABLE NEARBY! THAT DID IT!







ABOUT OUR DATE TINA -- YOU HAD SOME REASON FOR IT ! DO YOU WANT A HUSBAND ? SOMEONE LIKE ME ?



TINA, THIS ISN'T AS IDIOTIC AS IT SEEMS! I THINK I FELL IN LOVE WITH YOU IN THE RESTAURANT!



I WASN'T TAKEN BY SURPRISE BY HIS KISS THEN... BUT I DIDN'T TRY TO STOP HIM.



I KNEW THAT VOICE ... AND I DETESTED ITS OWNER, BRAD KAUFMANN!

THIS IS JUST 700 TOUCHING PARLING! IS THIS THE MAIL ORDER GROOM?





CON FITTED IN BEAUTIFUL-LY. HE HAD DINNER AND COR-NERED ME IN THE LIBRARY! WYSTERIOUS-LY ENOUGH, WE HAD NO TROUBLE GETTING PRIVACY!







SO THE QUICKEST WEDDING IN LOCAL HISTORY WENT THROUGH 'AND I DIDN'T FIND OUT TILL AFTER THE MARRIAGE HOW I'D BEEN TRICKED'

HEY , BREAK IT UP ! I HAVE TO EXPLAIN FAST BEFORE YOUR PLANE LEAVES !



CON AND I WENT TO SCHOOL, THEN JOINED THE AIR FORCE TO-GETHER. THE FAMILY MET CON ON FURLOUGHS WILLE YOU WERE AT SCHOOL! HE ARRIVED JUST IN TIME FOR YOUR SPAT WITH FUR THE DATE! AND IT FIXED THE DATE! NEAT TIMING, SIS!



THE FAMILY HAD KNOWN ABOUT IT ... AND THEY'D HOPED THAT CON AND I WOULD PAIR OFF SOME DAY .'





LOVE LEARNS A LITTLE LESSON

John Banter, publisher of "Love Forever" was the first to admit how efficient Edith Turner could be. In his annual message to the board of directors of Banter Enterprises he spared no words of praise for the editor of his magazine.

"That girl has the ability to pick the right stories. She seems to know exactly what our reading public wants. When she took over, we were gently dying at the newsstands. Today our circulation is in the millions. She's worth her

weight in gold."

The office staff at the magazine shared John Banter's opinion of his editor. Behind her back they called her, "The Brain," "Madam Genius", and "Big Glasses." Of course you had to consider the feminine viewpoint in the office.

"I bet if Edith would get rid of those eyeglasses, untie her hair, and smile once or twice, she could make a dent in some young man's heart," commented June Magee, editorial as-

sistant.

"She knows how to pick the love element in a story. Wonder if she could do it for herself in real life?" questioned Anne Drucker, one of the readers. "She's got a good heart in her office with Louise. Why Louise wants a story is a mystery to me? She makes top money doing the illustrations for the magazine, but you know what they say. Grass is always greener in the other person's pasture."

Edith Turner gave one more glance at the manuscript on her desk. Then she turned to her illustrator, Louise Hines, who was seated in a

big comfortable chair.

"You have the elements in your story that show you can write, but you miss the most important point about a story. You must have

reader identification, and you must have reality. The girl must be able to feel she can change places with the heroine in the story, and she must also feel that what happened to the heroine can happen to her. I grant you that a story can be based upon a true incident, but that incident, in order to hit home, must be believable to the reader. Within the space of thirty-six hours you bring your heroine and hero together. They know nothing about each other yet they fall madly in love and decide to get married. Sure, a girl wants to be swept off her feet, but by the right man. This man could be poison for her. You just don't convince me that your heroine is so certain she has met the only man in the world for herself."

"But her heart tells her and she listens," interrupted Louise Hinds. "Isn't that sufficient?"

"A girl's heart can't tell her whether or not the man is a faker with perhaps a string of broken hearts left behind. Whether or not he is a faker and trying to make a girl with money fall in love with him. All this is left out of your story. However, you do have a wonderful title. Love Learns a Little Lesson. Tell you what I am going to do. Put it into my brief case and I will drive up to my cottage for the week end. I have some work to do and I promise you I will reread it. But take my advice. You make good money doing illustrations so stick to it. What would happen if every writer wanted to be an artist? And if every artist wanted to be awriter?"

Louise left the office of her editor-in-chief. Not too cheerful, but, on the other hand, not exactly downfallen.

"Wonder what would happen if the boss fell in love?" she remarked to June Magee.

"Something we all want to know," was the reply. "And that includes a couple of million

readers of the magazine."

At four-thirty, Edith Turner called up the garage and told them to deliver her car in front of the office. At five to the dot she was behind the wheel and headed for her cottage at Rivers Fall. She drove north out of the city and then took the main highway for the next forty miles. It was getting dark. She swung left onto the county highway and all was fine for the next half hour. Then she heard a familiar "pop".

"A flat at this time," she told herself. "Better drive off the side of the road and fix it."

She followed her own instructions and found it was her left rear tire. It was dark but a sport car stopped and a young man got out. He was either in his middle twenties, or perhaps thirty at the most.

"Can I help a female in distress? A lift or a

hand with that tire?"

"I can hardly see in this darkness," she informed him. "If you park your car at an angle to mine and keep your headlights on then I can see what I am doing."

The young man obliged and then introduced

himself to Edith.

"The name is Albert Parker. Dad always told me to be a gentleman to females in distress.

Completely at your service."

"My name is Edith Turner. Mother always taught me to accept the help of a gentleman when you were in distress. Provided, of course, he is a real gentleman, and not a wolf in sheep's clothing."

"I haven't my Gentleman's Certificate," apologized Albert Parker. "So you will have to take

me on faith."

He helped her with the tire when the clouds decided to drench the countryside with a good old fashioned cloud burst. They got into her car and a State Trooper came up to them.

"It's going to be a sea of mud," he warned them. "Your cars are stuck and will have to be towed away when it stops. You can't go báck. The bridge at the crossing fell down into the creek. I'll take you with me to the State Trooper's Headquarters at Bentonville. You can get accommodations in the Tourist Place next to us. Give me some of your baggage."

The obliging State Trooper drove them first to Headquarters. Then he put through a call and

drove them to the Tourist Place.

"In the morning we'll send the towing car out provided the rain stops. This almost looks like a flood."

Ma Jenkins gave them each a room. Then they changed into dry clothing and came down for a good old fashioned meal which they finished to the last bit.

"Television, recordings, and books in the

library," Ma Jenkins told us. "Also an enclosed porch on the left side, where you can sit and talk."

The two went to the porch and watched the rain continuing its downward path from the clouds above. His arm went around her shoulder.

"I'm an engineer," he told her. "A nice logical brain in my skull. Two and two must make four. This isn't logical what I have to say, but believe me, I am completely sane. I was headed for a week's vacation. This much I know. If I have to follow you to the end of the earth I will do so. Just to tell you that somehow I feel you are the girl for me. I could go with you a long time to try to tell you how I feel."

"It can't happen this way," half protested Edith Turner. "We just met. We don't even

know each other."

"But my heart knows your heart. What more counts?" he replied softly as his arms turned her so that she was now facing him.

She was conscious of how heavy her breathing was. She started to tremble all over. His eyes were focused directly into her eyes. Their hearts looked at each other. She wanted to resist — tell herself she wouldn't believe it even in a fiction story. Then she was in his arms. Ma Jenkins opened the door by mistake and closed it softly.

"You can always tell when folks like that are in love," she told her husband, Jeff. "You don't need a moon for love. Even rain will do

the trick."

Jeff Jenkins had been married thirty-seven years to the same woman. He had a sensible and practical word for everything. "Huh?"

The State Trooper and Mr. and Mrs. Jenkins were the witnesses at the wedding. The State

Trooper was bothered.

"They won't believe me when I tell them this story," he informed them.

"They will when they read about it." she

comforted him.

Louise Hines was puzzled at the telegram she had just received. The entire office staff was looking over her shoulder.

"Keep an eye on things in the office for me. Will be away for a week on my honeymoon. I'll run Love Learns a Little Lesson as our special feature in the June issue. Bet Hollywood buys it for a feature picture."

Edith Turner Parker."

John Banter was giving his annual message to the board of directors of the Banter Enterprises.

"I wish I knew how our editor, Mrs. Parker, knew Hollywood would buy that story. Our circulation went up a million when she got married."

-The End-

Position & Life





JERRY.
DARLING.I'M SORRY.'
FORGIVE
ME.' IT'S
JUST THAT...

I KNOW -- YOU'VE SAID IT BE-FORE! THE HANDS ARE GOOD FOR ONLY ONE THING -- TO BRING YOU MONEY! WELL, I'LL FIND PEOPLE WHO DON'T CARE ABOUT SOME GREASE!



THIS WAS THE ENDING THAT TOO OFTEN CLIMAXED OUARRELS







FOR A LITTLE WHILE I WAS
ABLE TO FORGET THE LIMHAP.
PINESS OF MY HOME AND
MAKE BELIEVE I WAS STILL
PART OF JOAN'S GLAMOROUS
WORLD...

NOW, TELL ME
MORE ABOUT
YOUR HUSBAND;
DOESN'T JERRY
WORK ON
ENGINES;
ABOUT
YOUR SELF
PARTIES
PARTIES
OU GO TO.'
YOU GO TO.'















BUT JERRY STILL DIDN'T UNDERSTAND ...

PROUD? ANNE, HON. THESE LAST MONTHS
I'VE BEEN SICK WITH WORRRY! I THOUGHT
I'D LOST YOU! THEN, JUST A MOMENT
AGO, I WAS SURE THAT YOU WERE
BEGINNING TO UNDERSTAND ME!
BUT I SEE YOU STILL CAN'T BE PROUD
OF A FELLOW WHO'S JUST A
MECHANIC!











- BB Machine Gun
- with swivel base Complete 21-piece
- task force selected
- of: • infantrymen
- · tanks
- gunners
- riflemen
- battleships iet planes • bombers
- - space ships
 - e full supply of BBs

10 DAY FREE TRIAL

This is the newest, most sensational action toy our, and we're so sure that you will be delighted, that we offer a full 10 day Free Trial. If you are not 100% satisfied simply return for full refund. You risk nothing. We know you're going to be delighted so we make this amazing offer.

LOOK AT THESE SENSATIONAL FEATURES:

Complete Task Force and Space Ship Armoda

Automatic Firing BB Machine Gun mowing down

All scale-model replicas of the real thing. Makes your friends toys outdated.

Now you can be Commander-In-Chief of this complete task force. You can deploy your troops, navy and air force for attack or defense and every pitched bettle is wan, as your perfect plastic model of an actual machine gun goes into deversating action blasting your target in a hall of fest firing automatic repeating pellets. Simply pour in the BBs and then fire away. It's operated by a crank and sets up in a liffy. The swivel bose turns in a full circle assuring complete coverage and range, and it's removable so that you can carry your age and range, and it's removable so that you can carry your machine gun wherever you go. First automatically as many deadly BBs as you want as fast as you desire. And, you get a complete 21 piece Task Force of soldiers, tanks, gunners, trucks, bombers, cruiters, battleships and space ships. Plus a full supply of BBs all for only \$1.00+25c shipping charges. Don't delay! Order Now!

MONEY BACK GUARANTEE

Honor House Products Dept.BB-7 Lynbrook, N. Y.

Rush my Automatic Firing BB Machine Gun and Complete Task Force Armada on 10 day Free Trial. If I am not com-pletely satisfied, I may return it for prompt refund of full

purchase price.

1 enclose \$1,00 + 25c shipping charges. Same money

back guarantee
Send C.O.D. I will pay postman on delivery plus a few cents postage.

NAME

ADDRESS









Sad Song

T WAS MY BIG CHANCE, MY AGENT TOLD ME -- MY SINGING CAREER WOLLD BE MADE OR BROKEN IN THE HEXT FIVE MINUTES - AND I WAS SUPPOSED TO SING MY SPECIALTY, CRYING HEART! SINCE HAL HAD LEFT ME, THE TEARS IN MY VOICE WERE REAL!



I WAS A SUCCESS ... I FELT IT IN THE ABSOLUTE SILENCE AS I FINISHED AND ACCEPT-ED THEIR GENEROUS





HOW COULD I BE HAPPY? I DIDN'T WANT SUCCESS ... I WANTED HAL'S ARMS AROUND ME THE WAY THEY HAD BEEN IN THE PAST ...



AND THEN THE QUARREL! I WANTED TO CONTINUE MY CAREER ... HE'D THREATENED TO LEAVE! I DIDN'T BELIEVE HM -- THEN ...



THE ALL SOLUTIONS OF A CHARLES OF A CHARLES

WEAK ENERGY STANDERS OF THE ST

REACH ...













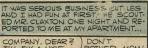
I want that man

MOST GIRLS ARE EXACTLY AS I WAS ... WHEN THEY SEE A MAN THEY WANT, THEY DO EVERY-THING IN THEIR POWER TO LAND HIM ! BUT I ADMITTED IT WHEN I MET MR. CLAXTON! HE WAS MY IDEA OF A HUSBAND ... GOOD LOOKING, BEAUTIFUL MANNERS, A FINE JOB WITH A FUTURE! I THE TROUBLE WAS THAT MY PLANS DIDN'T WORK JUST RIGHT... OR MAYBE THEY DID!! ANYWAY, WHEN I STARTED, I HAD LES ARNOLD'S ENTHUSIASTIC HELP...



























I WAS BEGINNING TO REGRET I'D EVER STARTED THAT

CAMPAIGN!
THEN:
SUDDENLY.
MISTER
CLAXTON
HIMSELF
HELPED

ALONG ...







HAS ELATED!

ELATED!

COULDN'T

WAIT

TELL

LES T

MY

LUCK ...







IT WAS THE OPPORTUNITY I'D DREAMED OF! I KNEW I WAS BEAUTIFUL WHEN I WAS FINALLY READY THAT NIGHT ...

YOU'VE BEEN THERE FOR SOME TIME GERRY! WHAT'S WRONG?

I JUST REMEM-BERED SOME-THING! SOMETHING I MUST FORGET!







THERE WAS NO DINNER THAT NIGHT. MR. CLAXTON CONFESSED. WITH CHARM-ING CANDOR, THAT IT HAD ONLY

BEEN

RUSE

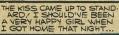


















































She Once Had HEAVY LEGS!

Now Has Slender Hips, Thighs, Knees, Calves and Ankles!



"As You Can See, There is a Decided Difference ... I Can't Thank You Enough" -writes Miss B. S., Flushing, N.Y.

The most encouraging news for women with fat, flabby, legs has just been revealed by Henry Milcherm. Ph. T. If your heavy legs are due to normal causes and you haven legs are due to normal causes and you haven legs you've always wanted. This well-known physiotherapist, who was President of the Me and the second of the seco

ORDINARY METHODS FOUND TO HELP LITTLE IN SLENDERIZING HEAVY LEGS Many women engaged in improper strenuous exercises and calisthenics used up a lot of time and energy but it did next to nothing for concentrating on trimming down legs

heavy legs.

Other women actually tried reducing diets alone to slenderize heavy legs. Since a weight reducing diet cannot be made to take weight off any single part of your body, you may lose weight everywhere but in your legs. And if your legs lost a little weight, no drug or diet can normalize and firm the entire contout, which would remain flabby. This or diet can normalize and firm the entire contour, which would remain flabby This method does concentrate on slenderizing each section of your legs from the hips to



Look at the firmer slender curves of her legs now. She writes that the change was apparent even before she finished this method.

BEFORE

Miss B. S. had heavy, flabby legs, was self-conscious because her leas spoiled her entire figure.

IN MANY CASES DOCTORS ADVISE USE OF THIS TECHNIQUE

This progressive scientific method for slender-izing heavy legs is based on the knowledge and experience of the medical profession, physiothera-pists and famous body contour experts throughout

he world.
Your heavy flabby legs are usually caused by fatty layers and too much muscle tissue which stretch the muscles of your legs and cause them

Sifect the huser to bulge. To help correct this condition properly, you should try this scientific system planned to concentrate on each section of your legs, help break down farty layers, and extra bulging muscle tissue and help strengthen and normalize the muscle which makes the contour of the legs more sue and help strengthen and normalize the muscle tone which makes the contour of the legs more normal. hrm, slender and attractive. When each section of the leg has its proper normal shape, the bulging hips possess streamlined, youthful lines which men admire, the flabby thighs age these which men sumire, the haboly thighs are trimmed down into an attractive contour, ugly knees are daintily shaped without puffed-up pouches of flesh, the heavy calves take on more slenderized, alluring curves and even the heavy ankles show sieek, graceful lines.



"ALL AROUND GLAMOUR LEGS" HELP WOMEN IN EVERYTHING THEY DO

WOMEN IN VESTMENT THEY WOMEN THEY WOMEN TO THEY COMENT THEY COMENT THEY WOUNT THEY WOULD THEY WOUNT THEY WOULD THEY WOUNT THEY WOULD THEY WOUNT THEY WOUNT

TESTED AND PROVEN METHOD REQUIRES ONLY 15 PLEASANT MINUTES A DAY!

This amazing method has been used by beautiful stage and acreen stars, professional models and women in every walk of life Thousands have gladly paid high fees for personal instruction here in New York City. Now this famous expert makes it possible for any woman to ry his method, requiring only 15 minutes a day, right in the comfort and privacy of her own home at a tiny.

You get the complete, easy, step-by-step illustrated SCIENTIFIC LEG SLENDERZIMO TECHNIQUE with simple instructions for fat, flabby hips, thighs, knees, calves, analies, gasining firmer, stronger legs, improving skin tone and circulation in legs; normal causes of heavy legs, this measurement chart for each section of leg according to height and weight, also, how leg senderzing may improve general health. Mail coupon

From the Very FIRST DAY You may Feel the Stimulating Effects of This Method!

SEND NO MONEY!

MODERN METHODS, Dept. FL-117 296 Broadway, New York 7, N. Y.

postage. Same refund guarantee

Rush me the original Home Method for Slenderizing Heavy Legs (in plain wrapper) marked "Personal" If I do not see satisfactory results, I will return course for com-plete refund of my \$1.98.

Address			Page 18	á
City		State		

WRITTEN ABOUT IN LEADING HEALTH MAGAZINE

HEALTH CULTURE asked this authority on legs to write a series of articles on the HEALTH CULTURE asked this authority on the state of the state of this method. This magazine-rightly believed that their readers should know about this wonderful technique. Many other leading magazines and news' papers have written about the priceless advantages of correct leg contour and strength

FREE 10-DAY TRIAL COUPON! ---- SEE HOW THIS TECHNIQUE HELPED JUST A FEW OF THE MANY OTHERS!

"Never before have I been able to wear shorts and play suits Now I get many compliments, thanks to your course This is what your course did for my stout legs."—Miss S. McN., Closplint, Ky.

"I thought your course was just wonderful! It is really the best for acquiring more slender, graceful legs. I made a great deal of progress with your course, and would recommend it to anyone who wants lovelier legs "—Miss A C., Drumright, Oklo



(Check the Kind of Body YOU Want:) More Powerful Arms Slimmer Waistline and Grip and Hips ☐ More Powerful Leg Broader Chest and Muscles Shoulders More Energy, Better More Weight, Solid Complexion, Sleep in All The RIGHT More Restfully PLACES ...and I'll PROVE I Can Make You Over From Head to Foot!

IN ONLY 15 MINUTES A DAY

YES, it's yours for the asking-the kind of body YOU want! Just tell me WHERE you need it—and I'll add SOLID INCHES of powerful new muscle-make your entire body over into the kind of power house that women admire and respect.

Do you want broader shoulders - pounds off your waist nd hips - more powerful arms - handsome legs - a mid-section with solid-assteel muscle? Just check what you want right in the coupon below. I'll PROVE you can get it in just 15 minutes a day-right in the privacy of your room.

I don't care if you are 15 or 50—skinny or fat. My methods are famous for working FAST—getting RESULTS on skinny run-down bodies—turning flabby skin and bones into SOLID MUSCLE!

WHAT'S MY SECRET?

"DYNAMIC TENSION"! That's the ticket! The identical natural method that I myself developed to change my body from the scrawny weakling I was at 17 to my present superman physique! Thousands of fellows are becoming marvelous physical

or contraptions. You simply use the dor-mant muscle-power in your own God-given body—watch it increase and multiply double-quick into real solid LIVE MUSCLE.

My method—"Dynamic Tension" is so easy! Spend only 15 minutes a day in your own home. From the very start you'll be using my method of "Dynamic Tension" almost up consciously. using my method of "Dynamic Tension" almost unconsciously every minute of the day—to BUILD MUSCLE and VITAL-ITY. And you'll be using the method which many great athletes use for keeping in condition for boxing, wrestling, baseball, football. tennis and every other sport.

FREE 32-Page Book. NOT \$1.00 -NOT 10c-but FREE!

Send now for my 32-page book, describ-ing my famous method-packed with photo-top of the property of the con-YOU can develop hig openering in the excel in athletics; develop a magnetic per-sonality—and more. Shows what "Dynamic Tension" has done for others—what it can do for YOU!

This book is a real prize, yet I'll send you a copy absolutely FREE. Rush coupon to me personally: CHARLES ATLAS, Dept. 325-D 115 E. 23rd



	I give you no gadgets 5h	eet, New York 10, N. Y.
LOOK At These RESULTS: "Have no cheet commaly, 202 "When I started yethere only 14 Now welst 170 "T. K., S. 170	CHARLES ATLAS, Dept. 115 East 23rd Street, New Pear Charles Od Body J Want: (Check as many as you like) More Weight—Self—in The Right Place: Broader (hest. Shoulders) Powerfur Arms, Legs, Grip	tlas: Here's the kind of

Sleep. More Energy City.

If under 14 years of age check for Booklet A

